[](http://www.google.com/imgres?imgurl=http://www.djc.com/blogs/SeattleScape/wp-content/uploads/2009/03/frog-thinking.jpg&imgrefurl=http://www.djc.com/blogs/SeattleScape/tag/livability/&usg=__ArfJKMFdJ_Y5tQ3w6a3vlk_VNzM=&h=600&w=400&sz=23&hl=en&start=1&itbs=1&tbnid=K7snF1lSnzLLzM:&tbnh=135&tbnw=90&prev=/images%3Fq%3Dthinking%2Bfrog%26hl%3Den%26gbv%3D2%26tbs%3Disch:1)2010-2011

My Goals

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Think about what you would like to accomplish academically, socially, and personally this first quarter at Tri-Valley. After serious consideration, please write down two goals under each category. Remember: effective goals are both challenging and measurable.

***Academic Goals*** (What would you like to accomplish with your learning, grades, homework, preparedness, organization, etc?)

1.

2.

***Social Goals*** (What would you like to accomplish with relationships: friends, parents, classmates, teachers, etc?)

1.

2.

***Personal Goals*** (What would you like to accomplish in other areas of your life: activities, interests, hobbies, etc?)

1.

2.

As a learner, you probably know your strengths and weaknesses. Below, list a couple of your strengths and weaknesses.

***Strengths Weaknesses***

1. 1.

2. 2.

Establish a ‘Plan of Action’ for achieving your goals. For example, what weaknesses do you anticipate might get in the way of success? How will you address that? How will your strengths help you overcome bumps in the road?